
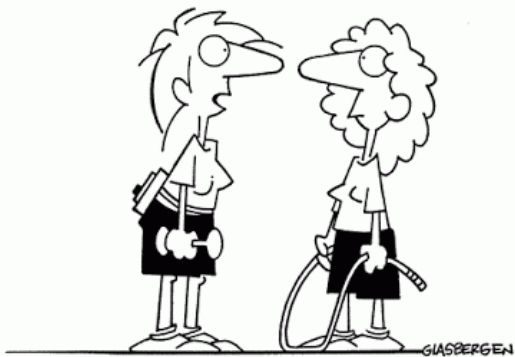


January 2014 - Group Exercise Classes with Salt River Diabetes Program Salt River Fitness Center & Salt River High School 480-362-7320				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Salt River Fitness Center Hours</u> Monday - Thursday: 6:00 am to 7:30 pm Friday: 6:00 am to 6:30 pm</p> <p>Fitness Center Closed on Weekends, Holidays, Tribal Designed Holidays, and may be closed for Mandatory Meeting & Events.</p> <p>Notice will be posted on Facility and Announcement list.</p> <p>Diabetes Program’s Fitness Center Facility is Open to SRPMIC Community Members & their family, SRPMIC Tribal Employee, SRPMIC Enterprise Employees & SRPMIC Residents. All individuals are subject to proof of enrollment, residency, employment or affiliation.</p>		<p>1</p>  <p>Fitness Center CLOSED</p>	<p>2</p> <p>6:15a-7:00a Spinning® w/Beverly 7 bikes available 9:30a-10:00a NO CLASS YS EEP Mousercise 12:05p-12:50p Zumba® w/Robin</p> <p>Salt River High 3:30p-4:15p NO CLASS</p> <p>5:30p-6:30p Cardio Mix & Sculpt w/Michelle</p>	<p>3</p> <p>11:05a-11:50a NO CLASS 12:05p-12:50p Spinning® w/Michelle 7 bikes available 5:30p-6:30p Zumba® & Sculpt w/Rachel</p>
<p>6</p> <p>11:05a-11:50a Zumba® w/Annie 12:05p-12:50p Step & Pump w/Michelle 2:00p-3:00p LARC Center - Yoga *closed session*</p> <p>Salt River High 3:30p-4:15p Circuit Training w/Michelle</p> <p>5:30p-6:30p Zumba® w/Rachel 6:35p-7:30p Senior Dance 55+ w/Roberta J.</p>	<p>7</p> <p>6:15a-7:00a Spinning® w/Rachel 7 bikes available 9:30a-10:00a YS EEP Mousercise 11:05a-11:50a Yoga Conscious Comm. Yoga Group 12:05p-12:50p Total Body Conditioning w/Dion</p> <p>Salt River High 3:30p-4:15p Zumba® & Sculpt w/Rachel</p> <p>5:30p-6:30p Spinning® w/Michelle 7 bikes available 6:30p-7:30p Boxing w/Nevelle <i>*Provide your own Hand-wraps & gloves</i></p>	<p>8</p> <p>11:05a-11:50a Spinning® w/Beverly 7 bikes available 12:05p-12:50p HIIT w/Michelle (High Intensity Interval Training) 2:00p-3:00p LARC Center - Yoga *closed session*</p> <p>5:30p-6:30p Zumba® w/Rachel</p>	<p>9</p> <p>6:15a-7:00a Spinning® w/Beverly 7 bikes available 9:30a-10:00a YS EEP Mousercise 12:05p-12:50p Zumba® w/Robin</p> <p>Salt River High 3:30p-4:15p Tabata w/Rachel</p> <p>5:30p-6:30p Cardio Mix & Sculpt w/Michelle</p>	<p>10</p> <p>11:05a-11:50a Kettlebell w/Dion 12:05p-12:50p Spinning® w/Michelle 7 bikes available 5:30p-6:30p Zumba® & Sculpt w/Rachel</p>
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<p>20</p> <p>Fitness Center CLOSED</p> <p>MARTIN LUTHER KING JR. DAY</p>	<p>21</p> <p>6:15a-7:00a Spinning® w/Rachel 7 bikes available 9:30a-10:00a YS EEP Mousercise 11:05a-11:50a NO CLASS 12:05p-12:50p Total Body Conditioning w/Dion</p> <p>Salt River High 3:30p-4:15p Step & Pump w/Rachel</p> <p>5:30p-6:30p Spinning® w/Michelle 7 bikes available 6:30p-7:30p Boxing w/Nevelle <i>*Provide your own Hand-wraps & gloves</i></p>	<p>22</p> <p>11:05a-11:50a Spinning® w/Beverly 7 bikes available 12:05p-12:50p HIIT w/Michelle (High Intensity Interval Training) 2:00p-3:00p LARC Center - Yoga *closed session*</p> <p>5:30p-6:30p Zumba® w/Rachel</p>	<p>23</p> <p>6:15a-7:00a Spinning® w/Beverly 7 bikes available 9:30a-10:00a YS EEP Mousercise 12:05p-12:50p Zumba® w/Robin</p> <p>Salt River High 3:30p-4:15p Tabata w/Rachel</p> <p>5:30p-6:30p Cardio Mix & Sculpt w/Michelle</p>	<p>24</p> <p>11:05a-11:50a Kettlebell w/Dion 12:05p-12:50p Spinning® w/Michelle 7 bikes available 5:30p-6:30p Zumba® & Sculpt w/Rachel</p>
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“I wear a smoke detector on my hips. It tells me if I’m exercising hard enough to burn fat!”

ABS, THIGHS & GLUTES: In this class you will conditions your lower body and abdominals with variety of exercise utilizing body weight, resistance bands, and dumbbells to lift and strengthen your core and lower body muscles.

BOXING: ****All participants please provide your own hand wraps and gloves** MUST HAVE!!!**** Learning the fundamentals of boxing: foot work, proper stance, delivery of jab and straight right. Shadow boxing, Heavy Bag will be used plus offense and defense moves. It is an excellent source of conditioning and can be used as a vehicle to instruct sportsmanship, the value of conditioning and a positive release of frustrations and energies, in addition to building self-confidence and character.

CARDIO KICKBOXING: This class is a non-contact workout that includes both cardio and strength training routines in an energizing environment. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power. Followed by 5-10 minutes abdominal exercise.

CARDIO MIX & SCULPT: This class will mix it up with basic hi/lo impact, basic step, cardio kickboxing and other floor aerobic exercise routines plus instructor will intergrade body weight, dumbbells, resistance band/tubing, kettlebells or other type of strength equipment to give you a total body workout for maximum calorie and fat burning workout. Instructor will show modification of exercises and movements for beginner exerciser.

CIRCUIT TRAINING: This class offers a form of conditioning combining resistance training and high-intensity aerobics. It is designed to be easy to follow and target strength building as well as muscular endurance.

HIIT (High Intensity Interval Training): This class focuses on interval training by incorporating High intensity interval training (HIIT) using the 20-10 microburst training protocol. HIT workouts are short in duration and are designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over! Be ready to work hard & sweat hard!

KETTLEBELL: This class will focus on proper form and technique while teaching the fundamentals of Kettlebell training. In this class you will challenge both the muscular and cardiovascular systems with dynamic, total body movements, all the while making sure to adhere to proper form and technique. Kettlebell class can include circuits, high intensity interval training sessions, supporting movements and exercises and progressing to more challenging and advanced movements.



used your time efficiently!

SENIOR DANCE CLASS 55+: Enjoy this well-rounded and exciting workout that keeps you on your toes while moving to the beat of the music! In this class you will be learning several line dance routines that are low impact yet get your heart pumping. You will be moving with Salt River Shaker choreographer Roberta Johnston who leads the class. Come out and have fun and dance the calories away. This class is intended for individuals 55+.

STEP & PUMP: An interval class that mixes both step aerobics and strength training in one designed workout. Many times you may not have 2 hours to spend in the gym – so this allows you to work both your heart and your muscles extensively in one class! By doing short circuits of cardio on the step, followed by strategic intervals of strength training, you will definitely leave this class feeling like you



TABATA: Tabata training is a high intensity strength and cardiovascular training by which your body will be pushed to the edge. This class will utilize Tabata’s to challenge your body in ways that will increase your aerobic capacity, anaerobic capacity and resting metabolic rate. • 4 minutes long• 20 seconds of intense training• 10 seconds of rest= total of 8 sessions or rounds

TOTAL BODY CONDITIONING (TBC): Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! **A moderate to high intensity class** that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used. ***Recommendation: All participants should have at least 3 months or more of consistent workout session; 3 or more days a week of activities prior to taking this class.**

YOGA: A mind and body experience that teaches new breathing techniques while working on strength, flexibility, and relaxation. Suitable for anyone interested in improving and maintaining flexibility and body shape, while relieving stress. This class is instructed by yoga instructors from Conscious Community Yoga Group.

YS EEP MOUSERCISE: Youth Service’s Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games, motor skill and aerobic conditioning. **Please contact Youth Service for more information on their YS EEP program.**

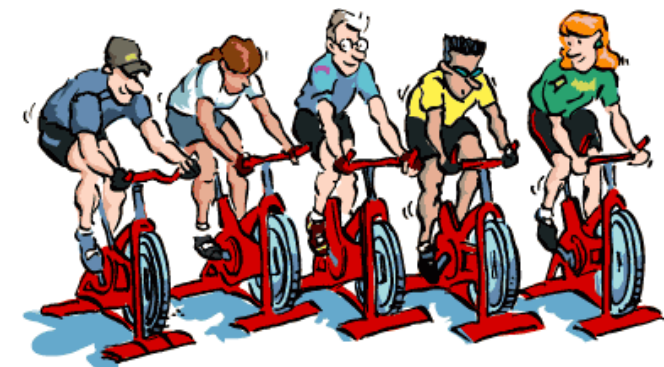


ZUMBA®: Join the party! Zumba ®combines high-energy and motivating music with unique moves and combinations that allow the Zumba® participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required! A workout mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and Salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the glutes, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique.

Zumba® & Sculpt: With all the spice and flare of your regular Zumba class but adding a little more to the mix by infusing resistance training for upper, lower and core exercise to sculpt arms, glutes, legs and abdominal. A great overall body workout in 60 minutes!



SPINNING®: Spinning® workout for 40 -50 minute ride on the indoor cycling bike where the instructor guides you through variety of movement on the bike, for example, flats, hills, runs jumps and sprints to burn calories. **We have 7 bikes available. Remember to bring water bottle and towel for workouts! All spinning classes welcome the beginner to advance riders. FIRST COM FIRST SERVES! NO RESERVING BIKE.**



“The only diet shake I recommend is the shake your booty makes when you exercise.”